



7. Langenberg-Marathon  
Wiemeringhausen / 05.10.2008

Detailed evaluation

Jankowski, Frank

Club: RV-Adler-Lüttringhausen  
Number: 257

Course: 77.00 km  
Mitteldistanz

Category:  
Senioren II

Total time: 3:49:55

Speed: 20.09 km/h

Rank in course/Total: 25 (of 164)

Rank in course/Men: 25 (of 151)

Best time in course: 3:02:04

Rank in category: 7(of 48)

Best time in the category: 3:31:00

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Rundenkontrolle	44.00	1:59:17	22.13	4	5:19	18	18:01	44.00	1:59:17	22.13	31		28	10:43
Finish	33.00	1:50:38	17.90	10	13:36	32	29:50	77.00	3:49:55	20.09	7	18:55	25	47:51